

We saved our love lives article

'I needed an internal workout'

A suggestion from her partner helped CLAIRE PARRY, 36, defuse a ticking time bomb.

'I'm a community midwife, so if anyone knows about the pelvic floor, I do—I spend half my life talking about it. But I was guilty of not checking the health of my own pelvic floor.

'It was easy to be complacent because, despite having had three children, I didn't suffer from stress incontinence, which is the most common sign of pelvic floor weakness, so I assumed the few exercises I was managing to fit into my busy life were doing the trick.

'Then, about five years ago, I met my partner, Paul, 42. One night I



admitted that I was one of the millions of women who had never experienced a vaginal orgasm. Some people don't believe they're possible. He commented that I might have a better chance if I was more toned inside. I was shocked—I

hadn't realised I had a problem.

'I'd recently given birth to our daughter Lily, two, and I asked if it had been worse since then. To my horror, Paul said, gently, that it was just the same—he thought I'd reached my maximum looseness before Lily! He stressed he wasn't complaining,

that he loved our sex life, but he thought we would both benefit if I tried harder with my exercises.

'Although mortified, for me it was like looking into a crystal ball and seeing a future I had a chance to avert—one in which my pelvic floor could have continued to weaken as I aged. As well as sexual dissatisfaction, a weak pelvic floor could lead to a prolapsed womb, or a hernia of the bladder or rectum into the vagina.

'Even though I advise pregnant and postnatal women online through my website www.mymidwife.co.uk, I'd lost confidence in my ability to tone my pelvic floor through my own efforts—so I sent for a pelvic toner (www.pelvictoner.co.uk), which is like a big clothes peg you squeeze shut with your vaginal muscles.

'I began using it for a few minutes every night and was soon doing more than 100 squeezes a day. Within a month Paul was commenting on the difference—and two years on, I can happily report that vaginal orgasms are definitely not a myth!'

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